

Blue Bell Walks Halkyn

In August this year we celebrate the 15th Anniversary of the Blue Bell Walks in Halkyn.

Eighteen months after the start of the Walkabout Flintshire Walking for Health free led walks in Mold and Flint, requests for an evening walk led to the start of the Blue Bell Wednesday evening walks. Walkers recorded the distance walked in their Log Books. Bronze, Silver and Gold badges were awarded for completing 25, 50 and 100 miles respectively. From the very start, these walks proved popular and disappointment was expressed at the end of September when the walks ceased through lack of daylight. The desire to continue walking and clock up mileage to earn badges led to the Blue Bell Walks starting on Thursday afternoons and Saturday mornings. These walks continue throughout the year with two walks on each occasion, so catering for all abilities. (We call the walks 'the fast walk' and 'the fast enough walk'). We are grateful to all trained volunteer walk leaders who have helped to make the Blue Bell Walks such a success.

Apart from the regular weekly walks we have the annual Summer Solstice Walk to the top of Moel-y-Gaer where we enjoy a glass of wine and some nibbles whilst watching the sunset. Another popular walk is the New Year's Resolution Walk on the 2nd of January each year when we resolve to get fitter and work off the excesses of Christmas. This is also a good opportunity for people to start walking regularly. Our two charity walks each year are for Kidney Wales Research and Dialysis and Rhes-y-Cae Church.

The benefits experienced by all participants has been greatly appreciated and they would welcome newcomers to join them.

For further information on all the walks available throughout Flintshire, please go to the Walkabout Flintshire website www.walkaboutflintshire.com, follow on Twitter @walkaboutFlint1 or join our Walkabout Flintshire group on Facebook